



Jan. 31, 2018
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Photo by mossMOSS | The Prospectus

Students show increasing satisfaction with café, sample shows

gregGANCARZ | Editor

On Tuesday, Jan. 23, Parkland's dining service partner Chartwells hosted several student and faculty focus groups to learn about their opinions on the campus dining services available.

The campus dining services stated this was designed to "provide candid feedback on the current dining services offered on campus and to gather ideas for future enhancements."

From 10 a.m.-5 p.m., various groups were interviewed. Students and staff had to register for the sessions prior to the scheduled times. Those who participated were rewarded with

cards that are redeemable for two free meals at the Parkland café in the U-wing, run by Chartwells.

The overall satisfaction of the café has been a topic of varying concern for students over recent years. A poll conducted in 2015 by the Prospectus showed that 66 percent of 50 students polled were dissatisfied with the Parkland café.

In a recent unofficial poll conducted this January by the Prospectus, only 27 percent of students expressed overall dissatisfaction with the café. Those who were polled were approached randomly on campus throughout the week in an attempt to prevent

grouping error. They were asked to base their answer off the overall quality, availability, selection, and service.

Fifty-seven percent of students said that they were satisfied with the café. The remaining 17 percent said they were neutral on the subject.

The two polls reflect a nine percent increase in overall student satisfaction with the Parkland café. When comparing feedback for the two studies, the general complaints remain similar, however.

Kristopher Rhoads, a student studying criminal justice, said in the 2015 poll, "My thoughts are that Parkland pretty much offers snacks, or

'gap' food, until you can go get yourself some food."

Student Alex Pryde-Wate said that the food was "good quality, but pricey," in the 2015 study as well.

An anonymous student recently reflected similar opinions about the café's pricing in last month's study.

"I think the food is good but sometimes they just let it sit out for a while and it gets stale and kind of dried out. Overall it's good food

but for what they're charging for it, I don't think we should have to deal with that. That's my main complaint. Besides that, I think it's a great cafeteria," the student said.

Another student polled this month said he was satisfied, but wished the café provided more hot entrees. Currently, the only consistent hot foods available for purchase are items like taco bowls, burgers, sandwiches, and fries. However, the

café does offer unique entrees that generally vary from day to day such as pastas.

For another student, one visit was enough to convince them it is better to eat elsewhere, even if it means just going to a vending machine.

"I've only been there once. It was expensive so now I just don't go there. [I get food] from the vending machines mostly," they said.

While vending machines may be cheap and easily accessible, the Parkland café does pride itself on offering healthier food alternatives.

In 2015, Chartwells

SEE FOOD PAGE 2

Writing competition for students enters seventh year

evyjCOMPTON | Reporter

Submissions for the Diana McDonald Writing Challenge, a challenge that started seven years ago as a way to encourage enthusiasm for writing, are open now.

The deadline for submissions is May 10. Both a hard copy, and an electronic copy are required.

"Students need to submit their essays in two different formats, by 5 p.m., Thursday, May 10," said Seth Mendelowitz, an English professor at Parkland. "They should submit a hard copy with a completed application form to the Department of Fine and Applied Arts and Humanities [in] C120, and they should submit an electronic copy to DMWC@parkland.edu."

The writing challenge was created by a retired

English professor at Parkland to foster students' interests in writing.

"About seven years ago, Fall 2011 being the first time awarding it, a retired Parkland English faculty member, Diana McDonald, wanted to begin this in order to encourage excellence in writing and enthusiasm for writing," said Mendelowitz. "A few different English faculty have served as coordinator over the years. I have been doing so for about the past two years."

For the electronic copy, submitting writers are to have no identifying information on the piece to provide total anonymity.

"For this electronic copy, students should remove all identifying information, such as their name and their instructor's name," said

Mendelowitz. "The idea is to have the panel of readers read these without knowing whose essays they are reading."

The chosen winner receives an award of \$500. The winning essays are also published on SPARK. The winner is chosen towards the end of May.

"We will award a winner. On occasion, Diana has chosen to award more than one," said Mendelowitz.

At first, only students in English courses could submit essays, but now students in a variety of courses can submit their work.

"Originally, we accepted essays from students in English courses only, but we, have expanded it—so now, any student who has been enrolled in

SEE WRITING PAGE 2

Whooping cough, flu cases up at Parkland

emmaGRAY | Editor

With waves of influenza sweeping the nation, Parkland is just another victim. Parkland's staff and student body have seen increases in both cases of influenza and pertussis, commonly known as whooping cough.

The public health department notifies Parkland when reportable diseases are diagnosed on campus and, this year, there has been an increase of pertussis in the community according to Sara Maxwell, Parkland's wellness coordinator. The Champaign area has also seen an increase in influenza according to Maxwell.

Maxwell sent out an email notification on Jan. 17 warning students about secondary infections that may



Photo by Gregory Bull | AP Photo

In this Jan. 10, 2018 file photo, Donnie Cardenas recovers from the flu at the Palomar Medical Center in Escondido, Calif. Flu season continues to get worse, as this has become the most intense the country has seen since a pandemic strain hit nine years ago, U.S. health officials said on Friday, Jan. 26, 2018.

accompany illnesses like influenza which could turn into respiratory illnesses like pneumonia, and bronchitis.

The email notification also included information on how to recognize

SEE COUGH PAGE 2

Fact or Fiction

There are about three thousand shipwrecks at the bottom of the ocean.

ANSWER ON PAGE 3

CONTINUED

FROM PAGE 1

COUGH

these illnesses and prevent them.

Pertussis can be identified by a hard cough that lasts longer than a week and can be worse at night. Cough medicine often does not help and gagging or vomiting can follow coughing fits. Pertussis is considered a highly contagious respiratory disease by the Centers for Disease Control and Prevention. There is a vaccine available for it, however.

If students do become sick with pertussis, Parkland requires they stay off campus for five days after starting antibiotic treatment. Students should contact their instructors informing them of the situation, as well as Dean of Students Marietta Turner, so that excused absences from courses can be arranged.

Pneumonia can be identified by coughing, fever, and breathing difficulties, with symptoms ranging from mild to severe. It is caused by bacteria or viruses. The chance of getting pneumonia can increase after having the flu or if one has chronic health conditions or smokes. Pneumonia can last days to weeks according to the Mayo Clinic.

Bronchitis can be identified by

coughing, fever, chest soreness, fatigue, aching, mucus production, and a sore throat. The cough can last several weeks, even if other symptoms clear, but usually clears within a few weeks. It can be caused by the same virus as influenza or by smoking or other irritants according to the Mayo Clinic.

Even if students believe they are not at risk of becoming infected with one of these illnesses, they should take precautions.

“All individuals should take special care in preventing illness, not only to take care of themselves, but also to take care of our community,” Maxwell said. “Coming to school with an illness can increase the amount of people infected, possibly infecting someone with a compromised immune system. This also poses an additional risk to students with asthma, respiratory conditions, and underlying medical conditions as influenza can exacerbate these conditions.”

In her email, Maxwell suggests students avoid irritants, cover coughs and sneezes, disinfect areas often, get vaccinated, and wash their hands often.

“Improper handwashing is the biggest risk factor for anyone,” Maxwell said. “It is easy to rush through our busy days without paying attention to how often we have washed

our hands. And hand-washing isn’t just for after using the restroom. It is beneficial to wash your hands before you eat, after touching money, and after sharing writing utensils as well.”

If students do become sick they should see a physician for treatment, especially if they are experiencing a high fever. Students should also try to communicate their illness to their professors if they suspect it will make them miss class.

“If you miss more than one day of class, you may also contact the Dean of Students’ office and they will let your instructor know about your absence; however, it is up to the instructor to decide if the absence is excused and how missed work will be handled,” Maxwell said. “It is always wise to get a doctor’s note in case it is requested. The Wellness Center cannot provide you a note for missing class.”

Student are discouraged from com-



Photo by Dr. F. A. Murphy | CDC via AP

This 1973 electron microscope image made available by the Centers for Disease Control and Prevention shows influenza virus particles. Doctors have long believed flu can trigger fatal heart problems, but previous studies were not considered rigorous. A new Canadian study, released Wednesday, Jan. 24, 2018 found the risk of heart attack was six times higher in the week after a lab-confirmed flu diagnosis.

ing to school sick, even if they must talk to instructors or have unexcused absences, and are required to stay off campus if they have pertussis for five days after they have started treatment.

For more information, contact Sara Maxwell in the Wellness Center in U112.

FROM PAGE 1

FOOD

described their “health, wellness, and sustainability platform...designed to provide healthy meals through enhanced menu development and educational wellness tools.”

On the other hand, some of Parkland’s students and staff simply do not have a need, or desire, to eat at the Parkland café.

“I’m only here for, like, two hours,” said another Parkland student. “I eat at home before or after class so I’ve never really needed to eat here.”

For more information on Chartwells’ services at Parkland, visit dineoncampus.com/parkland.

FROM PAGE 1

WRITING

a Humanities Department course, [which include] English composition, literature, philosophy, a language, religion, LAS, can submit,” said Mendelowitz. “They can use an essay that they have written for their course or they can submit an outside original essay that they have written.”

The standards for this challenge are high, and students should aim to bring a larger topic to the table with their essay.

“Diana wishes to maintain high standards for this award,” said Mendelowitz. “So in addition to clear organization, precise wording, cor-


rect grammar and punctuation, we seek unique perspective, as opposed to superficial or predictable arguments, ideally an essay that connects the writer’s experiences, insights, and observations to larger ongoing conversations about the world—about politics, philosophy, science, media, justice, family, race, happiness, the environment, or some other important component of our culture and/or world.”

In the age of technology, there is a concern that the younger generations are not developing writing and reading skills, something this challenge is also attempting to address.


“Although I try to avoid being like Chicken Little, who imagines that ‘The sky is falling!’, there is considerable and valid concern that in this age

of cellphones and social media that too many young people are not developing strong habits of and skills in reading and writing,” said Mendelowitz. “But whenever Diana meets a winner of her writing award, it revives in her an excitement about the potential for her contest to promote students’ interest in ideas, in personal and intellectual exploration, and in strong and creative expression of those ideas and explorations.”

If interested in the writing challenge, students should email DMWC@parkland.edu for the form or with any questions.





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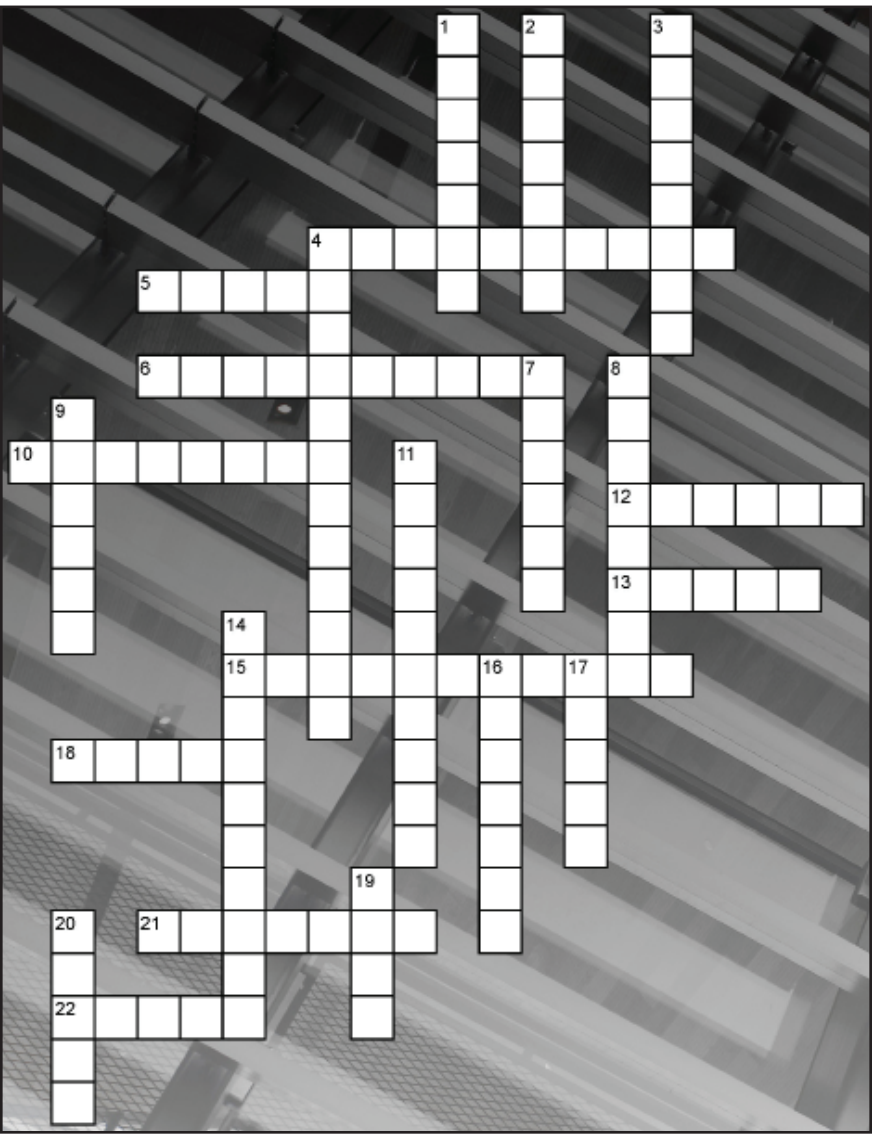
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COMICS & PUZZLES

CROSSWORD



- ACROSS
- 4

A revolution of coal, steam, and steel (10)
- 5

Life may give you one of these (5)
- 6

Four-fifty-one; the paper's on fire! (10)
- 10

Urdu is an example (8)
- 12

Shoot at nothing? Must be this sort of gun (6)
- 13

Not desirable company, it's said (5)
- 15

A copycat with feathers (11)
- 18

He's got quite a weight on his shoulders (5)
- 21

He who seized power from one before him (7)
- 22

Third of a thousand years? It was twelve (5)

DOWN

1

Wait with bated breath (7)

2

'Mori' may follow as a warning (7)

3

Some say it's a sacred institution (8)

4

Pres. Pullman: 'Today is our _____ day!' (12)

7

Where victors met on the river, 1945 (6)

8

"Jeopardy" winner Watson (8)

9

If you doodle, do it dandily (6)

11

The scientologist views with contempt (10)

14

They sing they're 'not the sharpest tool in the shed' (5,5)

16

Silvery metal melts in your hand (7)

17

Adj. before child or circle (5)

19

Rest in peace, the younger Biden (4)

20

Antibiotics don't work on this (5)



SUDOKU

		2		6	8			1
	1	4	2			8	3	
	5		3		1			6
9	8			1	7			
			6	9			8	7
1			7		5		4	
	9	5			6	7	2	
2			9	3		1		

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ANSWERS FROM LAST WEEK

1	T	H	E	H	O	T	E	L	N	E	W	W	E	B	9	6	7	5	2	3	8	1	4
2	E	C	H	V	N	O	E	A	S	S	J	A			5	2	1	9	4	8	7	3	6
3	R	H	O	N	E	N	A	S	T	A	S	S	J	A									
4	M	U	R	U	F	V	T	V							3	8	4	7	6	1	5	9	2
5	I	R	R	U	P	T	I	V	E						11								
6	N	D	L												12								
7	A	R	I	M	A	T	H	E	A						13								
8	L	Y													14								
9	K	P													15								
10	I	R	I	S	H										16								
11	N	E	T	F	A	R	I	N	G						17								
12	S	E	A	F	A	R	I	N	G						18								
13	K	P	R												19								
14	I	S	H												20								



- FEB 2, 3, 9, 10, 16, 17, 23, 24

Skywatchers of Africa Planetarium Show

8p, Staerkel Planetarium
- FEB 5

“Black Activism through the Years” by Evelyn Reynolds

Noon–1p, U140
- FEB 6

“Protest: Power of the Powerless” by Dr. Joe Walwik

Noon–1p, U140
- FEB 7

Black Student Success Project: Relationships I

1–2p, U140
- FEB 8

“Hidden Features: Unknown Heroes” by Dr. Marietta Turner

Noon–1p, U140
- FEB 9

Health Services Fair

11a–1p, Student Union atrium
- FEB 12

“Affirmative Action: Will it Survive?” by Dr. Willie Fowler

10–11a, U140
- FEB 13

“Cornerstone: Celebrating Three Black Writers” by Aaron Geiger

Noon–1p, U140
- FEB 15

Together We Achieve (TWA) Presentation

Noon–1p, U140
- FEB 16

Soul Food Luncheon

11:30a–1:30p, Student Union atrium / \$10
- FEB 20

“No Leadbelly, No Beatles” by Hilary Valentine

Noon–1p, U140
- FEB 21

“Exploring the World of Black Fraternities and Sororities” by Dr. Willie Fowler

11a–noon, U140
- Black Student Success Project: Relationships II

1–2p, U140

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Fact or Fiction
Fact or Fiction
Fact or Fiction
Fact or Fiction
Fact or Fiction
Fact or Fiction

Fact or Fiction

FICTION (sort-of): There are actually closer to three million shipwrecks, according to the United Nations.

Fact or Fiction
Fact or Fiction
Fact or Fiction
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Fact or Fiction
Fact or Fiction

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